

THE Oaks

Gracious Retirement Living

3720 Williams Drive • Georgetown, TX 78628 • Phone (512) 863-7788 • www.seniorlivinginstyle.com

MAY 2019 THE OAKS STAFF

Managers..... RICK & PAM PLUMMER
Assistant Managers DAVID & DANA SALISBURY
Executive Chef..... DENAY TELLEZ
Marketing..... KOURTNEY JENKINS
Activity Coordinator AVIS RIFFEL
Maintenance RUSSELL JONES
Transportation ART GARCIA

TRANSPORTATION

Monday, 9:30 a.m.-2 p.m.:

Appointments & Shopping (Georgetown Only)

Tuesday, 9:30 a.m.-2 p.m.:

Doctor Appointments (Out of Town)

Wednesday & Thursday, 9:30 a.m.-2 p.m.:

Doctor Appointments & Shopping
(Georgetown Only)

Friday, 9:15 a.m.-1:45 p.m.:

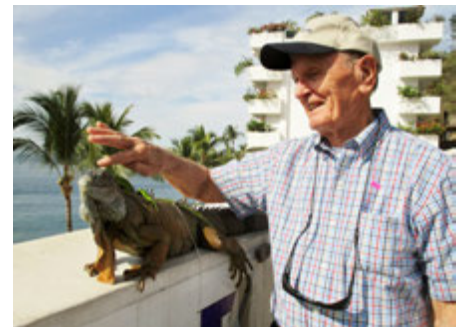
Trips/Outing with Activities

Friday, 2 p.m.: Errands & Shopping
as Trip/Outing Schedule Allows

HAWTHORN
SENIOR LIVING

Oak Leaf of the Month: George “Tim” Timko

My family history begins in Hazelton, Pennsylvania in the Pocono Mountains. My Czechoslovakian father and grandfather were coal miners in Eckley Village in Northeastern Pennsylvania. A movie called “The Molly Macguires” was filmed in that village and told of the harsh conditions under which the miners earned a living for their families.



As a child, I started work at an early age, delivering newspapers before the crack of dawn — many mornings, I was walking through snow to accomplish the task at hand. Later, I picked beans at 25 cents a peck. I knew I did not want to continue living in the little town with limited opportunities.

At the age of 19, I enlisted in the United States Air Force. My first career field was in the Military Police and I served beside English Bobbies in London in the early 1950s. The devastation from World War II was evident at every turn.

After 10 years, I changed career fields and trained in electronics to work on the KC135's and B52's flight simulators to train pilots. My assignments took me from California to Massachusetts, Florida to Maine and England and beyond.

After 28 years of active service in the Air Force, I retired as a Chief Master Sergeant and settled in Austin with my late wife.

(Continued inside)



Oak Leaf of the Month: George “Tim” Timko (Continued)

Having been stationed at Bergstrom Air Force Base in the 1960s, Austin seemed like the ideal place to return to for retirement.

I was accustomed to working and decided to have a second career with Electronic Data Systems in Austin, where I spent 21 years in the department which handled Medicaid claims.

In 1996, I met and married Connie Burke. We lived in north Austin for five years and then moved to Sun City in Georgetown where we lived for 18 years. During this time, Connie and I were active in the Veterans Memorial Plaza Group and also volunteered as docents at the Williamson Historical Museum, as well as with our church. We created many memories while traveling throughout the United States and Europe on land tours and river and ocean cruises.

As time marched on, we decided to move to The Oaks and are enjoying meeting other residents and the activities offered.

New Assistant Managers: Dave and Dana Salisbury

Dana and I have been married 40 years, we were married on my birthday, September 16, 1978. Fortunately for me I have never forgotten an anniversary ... but I have forgotten my birthday a few times! I grew up in NE Kansas and Dana, in NW Missouri.

I managed restaurants out of school for 15 years and the last 25, I have been a community manager for manufactured homes in Texas and Indiana.

Dana became a respiratory therapist in 1983. She worked in various hospitals and long-term care facilities. She joined me in property management in 2000 and again in 2012.

We have one son Joshua and five grandchildren. (He hated being the only child!)

In my spare time, I enjoy playing golf and look forward to taking you all on Saturday mornings. Dana's passion is cooking and learning new recipes. We have one dog named Creek.

In the short time we have been here, settling into our duties and getting to know you all, we already can tell we are going to love our jobs at The Oaks. If there is anything we can assist you with, please don't hesitate to ask.

God Bless.



Upcoming Events

May 1st: Entertainment — Thomas Jeanett

May 1st: Miracle Ear, Free Hearing Aid cleaning

May 2nd: Entertainment — The Hour Glass Players, three short skits

May 3rd: Outing — Chinatown walkabout and lunch

May 4th: Happy 4th Anniversary to The Oaks

May 8th: Entertainment — On the Air

May 5th: Cinco De Mayo Celebration

May 10th: Outing — Red Lobster

May 11th: Mother's Day Tea

May 14th: Resident/Management Meeting

May 15th: Entertainment — Stan the Man

May 17th: Outing — Olive Garden

May 20th: Family Karaoke Night — Sponsored by Homewell

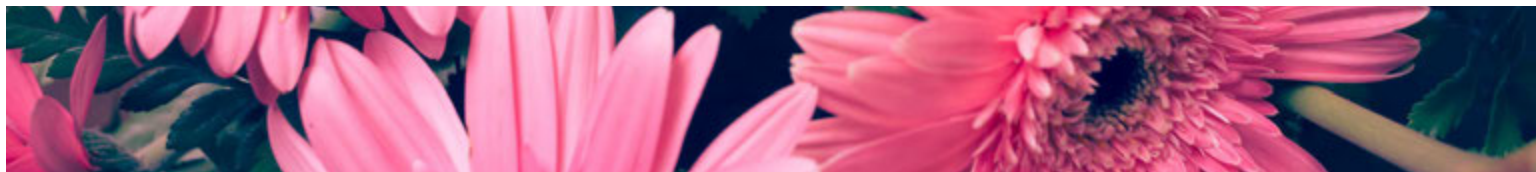
May 22nd: Entertainment — The Singing Cowboy

May 23rd: Chef/Resident Meeting
3 p.m.: Chef Demo

May 24th: Outing — Lockhart, Black's BBQ

May 27th: Memorial Day

May 31st: Outing — Dead Fish Grill



Meditative May

There are so many wonderful benefits to meditation — not only is it beneficial to us mentally but physically as well. Here are just a few reasons meditation is a great addition to any daily or weekly routine!

1. Better management of stress, anxiety and depression.
2. Increased immunity
3. Lowered blood pressure
4. Better sleep
5. Improving happiness and general well-being

Some key things to note about meditation:

- Meditation has been practiced in cultures all over the world for thousands of years.
- Nearly every religion, including Buddhism, Hinduism, Christianity, Judaism and Islam, has a tradition of using meditative practices.
- While meditation is often used for religious purposes, many people practice it independently of any religious or spiritual practices.
- Meditation can also be used as a psychotherapeutic technique.

So get your zen on and start meditating ...



*Destini (Outcomes Therapy)
feeling the zen of meditation*

Walker Honey Farm

Spring is here, the wildflowers are blooming, there was not a honey BEE in sight as we toured the honey farm, mid-March. However, we did learn a lot about them ... Did you know?

- Honey bees must gather nectar from two million flowers to make one pound of honey.
- The average bee will make only 1/12 of a teaspoon of honey in its lifetime.
- A honey bee can fly for up to six miles and as fast as 15 miles per hour.
- Honey bees communicate with one another by dancing.
- A colony of bees consists of 20,000-60,000 honey bees and one queen. Worker honey bees are female, live for about six weeks and do all the work.
- Honey lasts an incredibly long time. An explorer who found a 2000-year-old jar of honey in an Egyptian tomb said it tasted delicious!
- The bee's buzz is the sound made by their wings which beats 11,400 times per minute.
- Honey is incredibly healthy and includes enzymes, vitamins, minerals. It's the only food that contains "pinocembrin," an antioxidant associated with improved brain functioning.

Many of us shopped the assorted products, honey wine, soap, peanut butter and honey already mixed and every flavor of honey — clover, wildflower, bluebonnet, etc. What a fun outing!



Bettie Graves

MAY 2019

Birthdays

Anne Lawson, 7th
Charlann Neimeier, 11th
Art Garcia, 12th (Employee)
Chase Murphy, 15th (Employee)
Pat Boedeker, 17th
Mick Wisby, 21st
Dwight Henn, 22nd
Bill Everett, 23rd
Nancy Matis, 29th
Arlene Seiferd, 31st

Locations

Activity Room, AR
Atrium, AT
Backyard Patio, BP
Billiards Room, BR
Bistro, BI
Chapel, CH
Computer Center, CC
Dining Room, DR
Exercise Room, EX
Front Lobby, Lobby
Library, LB
Movie Theater, MT
Private Dining Room, PDR
TV Room, TV

Hair Trendz Salon

Kim Miller
512-595-1950
Open Tuesday-Saturday
9:30 a.m.-5 p.m.
Manicures and Pedicures by appt.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<div><div>MAY DAY</div><div>1</div><div>9:30 Exercise: Get Fit with Destini/ Outcomes Therapy, AR</div><div>10:00 Bible Study with Don Kasper, MT</div><div>11:00 Bean Bag Baseball, AR</div><div>11:30 Texas Home Health Blood Pressure Check, AR</div><div>2:00 Bring Your Nickel\$ Bingo, AR</div><div>2:00 Bridge Club, TV</div><div>3:00 Miracle Ear: Hearing Aid Check, AR</div><div>3:00 Entertainment: Thomas Jeanett, AT</div><div>6:45 Evening Movie, MT</div></div>	<div><div>2</div><div>9:30 Exercise: Get Fit for Your Age with Nancy, AR</div><div>10:30 Chair Volleyball, AT</div><div>2:00 Bring Your Nickel\$ Bingo, AR</div><div>3:00 Entertainment: The Hourglass Players, MT</div><div>6:45 Evening Movie, MT</div></div>	<div><div>3</div><div>9:30 Exercise: Up the Beat, AR</div><div>10:15 Outing: Chinatown Walkabout, Lobby</div><div>10:30 Art & Crafts Painting/ Drawing, AR</div><div>2:00 Group Game: Rummikub, TV</div><div>3:00 Chair Volleyball, AR</div><div>4:00 Rosary Prayer Service, CH</div><div>6:45 Friday Night at the Movies, MT</div></div>	<div><div>4</div><div>9:30 Group Game & Donuts, AR</div><div>9:30 Step on It: Meet Up and Walk, Lobby</div><div>10:30 Hole in One Golf, AT</div><div>2:00 Bring Your Nickel\$ Bingo with June, AR</div><div>3:00 Cranium Crunches: Beat the Bell Trivia, AR</div><div>6:45 Saturday Night at the Movies, MT</div></div>
<div><div>5</div><div>9:00 The Worship Place Televised Live, MT</div><div>10:30 St. Helen’s Catholic Communion Service, CH</div><div>11:15 Sunday Worship, AR</div><div>1:30 Sunday Matinee, MT</div><div>2:00 Rummikub, BR</div><div>6:45 Evening at the Movies, MT</div></div>	<div><div>6</div><div>9:30 Exercise: Up the Beat, AR</div><div>10:30 Coffee Talk: What’s on Your Mind?, AR</div><div>2:00 Bring Your Nickel\$ Bingo, AR</div><div>3:00 Chair Volleyball, AT</div><div>6:45 Evening Movie, MT</div></div>	<div><div>7</div><div>9:30 Exercise: Get Fit for Your Age with Nancy, AR</div><div>10:30 Singalong Group, AR</div><div>10:30 Penny Ante Poker, TV</div><div>2:00 Group Games: Rummikub/Mah Jong, TV</div><div>2:00 Group Game: Pinochle, BR</div><div>3:00 Giant Crossword Puzzle, AR</div><div>6:45 Evening Movie, MT</div><div></div></div>	<div><div>8</div><div>9:30 Exercise: Get Fit with Destini/ Outcomes Therapy, AR</div><div>10:00 Bible Study with Don Kasper, MT</div><div>11:00 Bean Bag Baseball, AR</div><div>11:30 Texas Home Health Blood Pressure Check, AR</div><div>2:00 Bring Your Nickel\$ Bingo, AR</div><div>2:00 Bridge Club, TV</div><div>3:00 Entertainment: On the Air Band, AT</div><div>6:45 Evening Movie, MT</div></div>	<div><div>9</div><div>9:30 Exercise: Get Fit for Your Age with Nancy, AR</div><div>10:30 Chair Volleyball, AT</div><div>2:00 Bring Your Nickel\$ Bingo, AR</div><div>3:00 Cranium Crunches: Beat the Bell Trivia, AR</div><div>6:45 Evening Movie, MT</div></div>	<div><div>10</div><div>9:30 Exercise: Up the Beat, AR</div><div>10:30 Art & Crafts Painting/ Drawing, AR</div><div>11:15 Out to Lunch Bunch: Red Lobster, Lobby</div><div>2:00 Group Game: Rummikub, TV</div><div>3:00 Chair Volleyball, AR</div><div>6:45 Friday Night at the Movies, MT</div></div>	<div><div>11</div><div>9:30 Step on It: Meet Up and Walk, Lobby</div><div>10:30 Hole in One Golf, AT</div><div>2:00 Bring Your Nickel\$ Bingo with June, AR</div><div>3:00 Mother’s Day Tea Party, AR</div><div>6:45 Saturday Night at the Movies, MT</div><div></div></div>
<div><div>MOTHER’S DAY</div><div>12</div><div>9:00 The Worship Place Televised Live, MT</div><div>10:30 St. Helen’s Catholic Communion Service, CH</div><div>11:15 Sunday Worship, AR</div><div>1:30 Sunday Matinee, MT</div><div>2:00 Rummikub, BR</div><div>6:45 Evening at the Movies, MT</div><div></div></div>	<div><div>13</div><div>9:30 Exercise: Up the Beat, AR</div><div>10:30 Coffee Talk: What’s on Your Mind?, AR</div><div>2:00 Bring Your Nickel\$ Bingo, AR</div><div>3:00 Chair Volleyball, AT</div><div>6:45 Evening Movie, MT</div></div>	<div><div>14</div><div>9:30 Exercise: Get Fit for Your Age with Nancy, AR</div><div>10:30 Singalong Group, AR</div><div>10:30 Penny Ante Poker, TV</div><div>11:30 Resident/Management Meeting, AR</div><div>2:00 Group Games: Rummikub/ Mah Jong, TV</div><div>2:00 Group Game: Pinochle, BR</div><div>3:00 Giant Crossword Puzzle, AR</div><div>6:45 Evening Movie, MT</div></div>	<div><div>15</div><div>9:30 Exercise: Get Fit with Destini/ Outcomes Therapy, AR</div><div>10:00 Bible Study with Don Kasper, MT</div><div>11:00 Bean Bag Baseball, AR</div><div>11:30 Texas Home Health Blood Pressure Check, AR</div><div>2:00 Bring Your Nickel\$ Bingo, AR</div><div>2:00 Bridge Club, TV</div><div>3:00 Entertainment: Stan the Man, AT</div><div>6:45 Evening Movie, MT</div><div></div></div>	<div><div>16</div><div>9:30 Exercise: Get Fit for Your Age with Nancy, AR</div><div>10:30 Chair Volleyball, AT</div><div>11:30 The Happiness Project/ Texas Home Health, MT</div><div>2:00 Bring Your Nickel\$ Bingo, AR</div><div>3:00 Cranium Crunches: Beat the Bell Trivia, AR</div><div>6:45 Evening Movie, MT</div></div>	<div><div>17</div><div>9:30 Exercise: Up the Beat, AR</div><div>10:30 Art & Crafts Painting/ Drawing, AR</div><div>11:15 Out to Lunch Bunch: Olive Garden, Lobby</div><div>2:00 Group Game: Rummikub, TV</div><div>3:00 Chair Volleyball, AR</div><div>4:00 Rosary Prayer Service, CH</div><div>6:45 Friday Night at the Movies, MT</div><div></div></div>	<div><div>18</div><div>9:30 Group Game & Donuts, AR</div><div>9:30 Step on It: Meet Up and Walk, Lobby</div><div>10:30 Hole in One Golf, AT</div><div>2:00 Bring Your Nickel\$ Bingo with June, AR</div><div>3:00 Cranium Crunches: Beat the Bell Trivia, AR</div><div>6:45 Saturday Night at the Movies, MT</div></div>
<div><div>19</div><div>9:00 The Worship Place Televised Live, MT</div><div>10:30 St. Helen’s Catholic Communion Service, CH</div><div>11:15 Sunday Worship, AR</div><div>1:30 Sunday Matinee, MT</div><div>2:00 Rummikub, BR</div><div>6:45 Evening at the Movies, MT</div></div>	<div><div>20</div><div>9:30 Exercise: Up the Beat, AR</div><div>10:30 Coffee Talk: What’s on Your Mind?, AR</div><div>2:00 Bring Your Nickel\$ Bingo, AR</div><div>3:00 Chair Volleyball, AT</div><div>6:30 Family Karaoke Night, AR</div><div>6:45 Evening Movie, MT</div></div>	<div><div>21</div><div>9:30 Exercise: Get Fit for Your Age with Nancy, AR</div><div>10:30 Singalong Group, AR</div><div>10:30 Penny Ante Poker, TV</div><div>2:00 Group Games: Rummikub/Mah Jong, TV</div><div>2:00 Group Game: Pinochle, BR</div><div>3:00 Giant Crossword Puzzle, AR</div><div>6:45 Evening Movie, MT</div><div></div></div>	<div><div>22</div><div>9:30 Exercise: Get Fit with Destini/ Outcomes Therapy, AR</div><div>10:00 Bible Study with Don Kasper, MT</div><div>11:00 Bean Bag Baseball, AR</div><div>11:30 Texas Home Health Blood Pressure Check, AR</div><div>2:00 Bring Your Nickel\$ Bingo, AR</div><div>2:00 Bridge Club, TV</div><div>3:00 Entertainment: The Singing Cowboy, AT</div><div>6:45 Evening Movie, MT</div><div></div></div>	<div><div>23</div><div>9:30 Exercise: Get Fit for Your Age with Nancy, AR</div><div>10:30 Chair Volleyball, AT</div><div>2:00 Bring Your Nickel\$ Bingo, AR</div><div>3:00 Cranium Crunches: Beat the Bell Trivia, AR</div><div>6:45 Evening Movie, MT</div><div></div></div>	<div><div>24</div><div>9:30 Exercise: Up the Beat, AR</div><div>10:15 Out to Lunch Bunch: Black’s BBQ, Lockhart, Lobby</div><div>10:30 Art & Crafts Painting/ Drawing, AR</div><div>2:00 Group Game: Rummikub, TV</div><div>3:00 Chair Volleyball, AR</div><div>6:45 Friday Night at the Movies, MT</div></div>	<div><div>25</div><div>9:30 Step on It: Meet Up and Walk, Lobby</div><div>10:30 Hole in One Golf, AT</div><div>2:00 Bring Your Nickel\$ Bingo with June, AR</div><div>3:00 Cranium Crunches: Beat the Bell Trivia, AR</div><div>6:45 Saturday Night at the Movies, MT</div></div>
<div><div>26</div><div>9:00 The Worship Place Televised Live, MT</div><div>10:30 St. Helen’s Catholic Communion Service, CH</div><div>11:15 Sunday Worship, AR</div><div>1:30 Sunday Matinee, MT</div><div>2:00 Rummikub, BR</div><div>6:45 Evening at the Movies, MT</div></div>	<div><div>MEMORIAL DAY</div><div>27</div><div>9:30 Exercise: Up the Beat, AR</div><div>10:30 Coffee Talk: What’s on Your Mind?, AR</div><div>2:00 Bring Your Nickel\$ Bingo, AR</div><div>3:00 Chair Volleyball, AT</div><div>6:45 Evening Movie, MT</div></div>	<div><div>28</div><div>9:30 Exercise: Get Fit for Your Age with Nancy, AR</div><div>10:30 Singalong Group, AR</div><div>10:30 Penny Ante Poker, TV</div><div>2:00 Group Games: Rummikub/Mah Jong, TV</div><div>2:00 Group Game: Pinochle, BR</div><div>3:00 Giant Crossword Puzzle, AR</div><div>6:45 Evening Movie, MT</div></div>	<div><div>29</div><div>9:30 Exercise: Get Fit with Destini/ Outcomes Therapy, AR</div><div>10:00 Bible Study with Don Kasper, MT</div><div>11:00 Bean Bag Baseball, AR</div><div>11:30 Texas Home Health Blood Pressure Check, AR</div><div>2:00 Bring Your Nickel\$ Bingo, AR</div><div>2:00 Bridge Club, TV</div><div>6:45 Evening Movie, MT</div><div></div></div>	<div><div>30</div><div>9:30 Exercise: Get Fit for Your Age with Nancy, AR</div><div>10:30 Chair Volleyball, AT</div><div>2:00 Bring Your Nickel\$ Bingo, AR</div><div>3:00 Cranium Crunches: Beat the Bell Trivia, AR</div><div>6:45 Evening Movie, MT</div></div>	<div><div>31</div><div>9:30 Exercise: Up the Beat, AR</div><div>10:30 Art & Crafts Painting/ Drawing, AR</div><div>11:15 Out to Lunch Bunch: Dead Fish Grill, Lobby</div><div>2:00 Group Game: Rummikub, TV</div><div>3:00 Chair Volleyball, AR</div><div>6:45 Friday Night at the Movies, MT</div><div></div></div>	



Ageless Aviation

What a beautiful day at the Georgetown Airport! We are so grateful to Sport Clips for sponsoring Ageless Aviation Dreams Foundation, for making this organization a true blessing to all seniors who want to fly the skies.

Fortunately for us, their corporate office is located right down the street. Many employees show up to volunteer and help where they can to make everyone feel comfortable.

Darryl Fisher the founder, president and pilot, began his mission with his great-grandfather's 1940s Stearman bi-plane which has been passed down through the generations. His great-grandfather purchased the plane for \$1600, can you imagine how much it is worth now? Keep in mind, it has been revamped a couple of times!

Dream Flight recipients this year were Dave Davis, Shirley Worthington, Delores Doherty, Earl McLain, Carol Robertson, Phil Matis, Jim Harvey, Cathey Langenbahn, Nancy Wagner and Rachel Carney.



Sport Clips employees and the folks who flew the skies. Missing from picture: Phil, Delores and Jim.



Dave, Navy – Lt., WWII. Flew seaplanes in an air rescue squadron. The Stearman was the first plane he flew in the Navy.

Guess the Resident

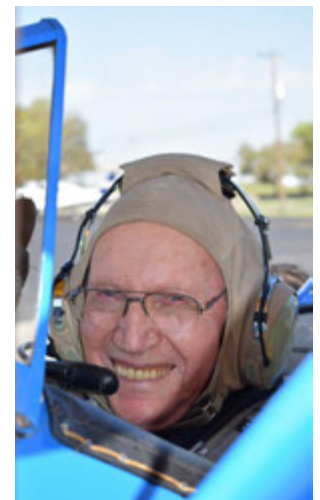
Stop by Avis' desk with your guess to win Big Bucks!



Jim, Korean War. "I'm a private pilot and owned a Cessna 172, 1995-2012. I earned my private pilot's license at age 68."



Phil and flight assistant pose for the camera.



Earl McLain: 96 years old, Army –Sergeant, WWII



Spotlighting Our Wonderful Residents



Shirley W. the celebrity told Fox news, life doesn't stop when you become a senior and move into a community like The Oaks. We have fun!



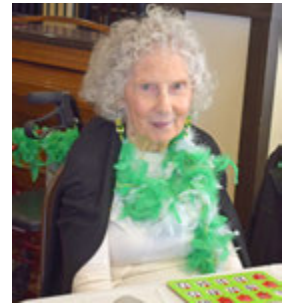
Nancy W. gives Darryl (pilot) the biggest hug after her flight. This is how he gets paid — it makes it all worth his while!



Cathey ready for take off!



Exercise Class wasn't enough for these three ladies — Charlann, Delia and Norma!



Ellen is dressed for the occasion, St. Paddy's Day Bingo Extravaganza!



Cooking Demo by Chef Denay: kale chips and zucchini, chocolate, coconut cookies



Mary happened to be walking by and ended up pulling weeds.



Two of a kind, they both love to dance: Delia and Michael



3720 Williams Drive
Georgetown, TX 78628



SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

THE Oaks

Gracious Retirement Living

512-863-7788